

2012 Recovery Month Challenge  
***Real People, Real Stories: Triumph over Addiction***

**Description of Event**

The Addiction Coalition, an initiative of The Freedom Source, hosted an online event for Recovery Month. The event, **Real People, Real Stories**, started September 1<sup>st</sup> and ran through September 30<sup>th</sup>. Stories were published on the Addiction Coalition's website ([www.addictioncoalition.org](http://www.addictioncoalition.org)) at 8:00 am and 2:00 pm each day. The stories were then shared via Facebook, Twitter and e-newsletters. There were a total of 60 individual written or video stories of recovery from substance abuse and mental illness.

The stories highlighted people from all walks of life, those who struggled with different substance addictions and mental illnesses and those who received help through a variety of treatment providers. The purpose of the online event was to reduce the stigma that can be associated with substance abuse and mental illness. The Addiction Coalition celebrated people in recovery, lauded the contributions of treatment providers and promoted the message that recovery in all its forms is possible. For each story that was shared, there was a link to the provider where the person received help hoping that if a person read a story and it moved them to access help for their addiction, they could easily get in-touch with the provider.

In addition to the online campaign, the Addiction Coalition secured Proclamations in the City of Birmingham, City of Chelsea, City of Mountain Brook and City of Vestavia Hills. A Press Release was also distributed to all print and news media outlets.

Throughout the month of September, the Addiction Coalition shared information about Recovery Month. The Addiction Coalition announced Recovery Month at the Children's Policy Council of Jefferson County's meeting on September 7<sup>th</sup>. The meeting was attended by social service providers from throughout the area. The Addiction Coalition also shared about Recovery Month during a meeting of Alabama Coalitions on September 24<sup>th</sup>. The Addiction Coalition shared substance abuse information at a fundraiser for a local treatment provider called Hot Strings on September 30<sup>th</sup>.

**Results**

A link to the Recovery Month stories and information about Recovery Month was shared through the Addiction Coalition's e-newsletter twice in the month of September. The e-newsletter was opened and read by 152 individuals. The Addiction Coalition website received 926 unique visitors during the month of September. 79% of these visitors were new to the site. The Freedom Source and the Addiction Coalition each have Facebook and Twitter accounts. The twice daily posts were seen by a total of 7,114 people throughout the month of September. Twitter has 176 Followers, three retweeted the stories and there were 29 direct clicks to stories on the website.

http://www.addictioncoalition.org/NationalRecovery... National Recovery... Admin Modules Pages Tools Mode View

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**ADDICTION COALITION**

The Addiction Coalition is committed to stopping addiction in Central Alabama

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## National Recovery Month

**September is Recovery Month**

Recovery Month promotes the societal benefits of treatment for substance use and mental disorders, celebrates people in recovery, lauds the contributions of treatment providers, and promotes the message that recovery in all its forms is possible. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

To learn more about National Recovery Month, please visit [www.recoverymonth.gov](http://www.recoverymonth.gov).

We would like to thank the **City of Birmingham**, **City of Chelsea**, **City of Mountain Brook** and **City of Vestavia Hills** for signing proclamations recognizing Recovery Month in their communities.

**Latest Recovery Stories**

[View All Recovery Stories](#)

**Frank**

*You don't have a home anymore. Until you do something, we are done.*

**Share your story**

Share with others how you or someone you know has triumphed over alcohol or drug abuse.

[Learn More >>](#)

JOIN THE VOICES FOR RECOVERY **It's About It**

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## Real People, Real Stories

**Recovery Stories**

**Frank**  
Posted on September 30, 2012  
*You don't have a home anymore. Until you do something, we are done.*

"When my dad said that to me, it was the defining moment for my decision to change my life," says Frank, who graduated from The Foundry's Recovery Program five years ago.

[Read the rest of this story >](#)

Comments (0) Tweet: 0 Like: 0

**Kevin**  
Posted on September 30, 2012  
"Before I went to prison, I got saved," shares 43-year-old Kevin. "God took away the desire for drugs I'd had since I was a teenager. He opened all kinds of doors for me. I had my own business. I had a wife and kids, and we were happy." Then pride came knocking on Kevin's door. "I'll never forget that day-I decided to get some drugs, and I took that first hit out in my shed. Right then, the devil started in with the lies: 'God turned his back on you. There's no hope, there's not a chance.'"

[Read the rest of this story >](#)

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**Melanie**  
Posted on September 29, 2012

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## Real People, Real Stories

**Recovery Stories**

**Sean H.**  
Posted on September 27, 2012

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I grew up in Los Angeles, California and lived there until I was 15 years old. My mother stayed at home and my father worked as a lawyer. Overall, I had a very happy childhood in California. However, I did not grow up in a Christian home and both of my parents were "functioning" alcoholics. As such, they often had large dinner parties with friends at our home and I remember it looked like they were having a great deal of fun. When it was time to have the meal everyone would move into a different room and I would go from glass to glass and finish the wine that was left behind. I was about 10 years old and honestly I liked it. This continued whenever they would have parties, and in time I figured out I could just go straight to the liquor cabinet and drink what I wanted.

My parents divorced when I was a teenager, and from 8<sup>th</sup> to 11<sup>th</sup> grade I attended a boarding school as my behavior was getting worse, and I needed more structure and discipline than they could provide. While there, my love for alcohol easily turned to drugs, and eventually I was expelled. I abused drugs even more heavily, and was in constant trouble with the police. I had no sense of direction and really didn't care about anything except having a good time, getting high and checking out. I was always able to work things out. There were never any real consequences to my behavior, I never had to pay a penalty that counted for much, could always pick up and start over, find a new job. I thought my life was fine but in reality I was empty.

Ultimately, my actions culminated in my being incarcerated for nearly a year. I realized that I was empty and alone and had lost everything. Through the leading of the Holy Spirit I picked up a Gideon Bible and read God's word for the first time in my life. Jesus came for me. He came for you. I called out to God for help knowing that my way had been wrong. I needed a new direction for my life and God was faithful to give it to me. God can change lives and He was doing it with me.